

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2012

Christmas Celebration-Special Meal/ Great Entertainment-Dec.13

Towson Nursing Students-Dec. 6  
**"Living With Diabetes"**  
 9:00-1:30-several speakers on Diabetes

Asterisk * means the class is scheduled in sessions, preregistration-prepayment is a must	<b>2</b> 9:30-Strength Training 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class 2:30-Book Club	<b>3</b> 10:00-Blood Pressure 11:00-S Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	<b>4</b> 9:00-S.Training 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 12:30-Bridge/Pinocle 12:30-Zumba Gold* 1:30-Line Dancing*	<b>5</b> 9:30-1:30-Towson Nursing Students- <u>Living With Diabetes</u> 11:00-S.Training 12:15-Chair Yoga* 1:00-Bookmobile 1:30-Knitting 1:30-Tai Chi*	<b>6</b> 9:30-S. Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	<b>7</b> 
<b>8</b> <u>Underlined</u> activities are offered after the meal, 12:30, in the dining room  First Day of Hanukkah	<b>9</b> 9:30-Strength Training 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class	<b>10</b> 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	<b>11</b> 9:00-S. Training 11:00-M&M Exercise 12:30- <u>"Christmas Spirit-Do You Have It"</u> 12:30-Bridge/Pinocle 12:30-Zumba Gold* 1:30-Line Dancing*	<b>12</b> 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30- <u>"Who So Ever Will"</u> -music 12:30-Tai Chi	<b>13</b> 9:30-S. Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	<b>14</b> *Classes are subject to change due to unexpected reasons
<b>15</b> 	<b>16</b> 9:30-Strength Training 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class	<b>17</b> 11:00-S. Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	<b>18</b> 9:00-S. Training 10:15-Computer Dis. 11:00-M&M Exercise 12:30 W. of Fortune 12:30-Bridge/Pinocle 12:30-Zumba Gold* 1:30-Line Dancing*	<b>19</b> 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30- <u>"Walk To Health"/Steve</u> 1:00-Bookmobile 1:30-Knitting 1:30-Tai Chi*	<b>20</b> 9:30-S. Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	<b>21</b> Winter Begins
<b>22</b> <b><u>Cost of classes:</u></b> Strength Training-\$3.00 per class M&M Exercise-\$1.00+per class	<b>23</b> <b><u>CLOSED</u></b>	<b>24</b> <b><u>CLOSED</u></b>  Christmas Day	<b>25</b> 9:00-S. Training 11:00-M&M Exercise 12:30- <u>Nutritional Program/Kitty</u> 12:30-Bridge/Pinocle 12:30-Zumba Gold*	<b>26</b> 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:35- <u>Bingo</u> 1:30-Tai Chi*	<b>27</b> 9:30-S. Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	<b>28</b> 
<b>29</b> 9:30-Strength Training 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class  New Year's Eve	<b>30</b> <b>31</b> THE CENTER WILL BE CLOSED DECEMBER 24 & 25 FOR THE CHRISTMAS HOLIDAY					

